

# TESTIMONIALS

As a participant:

I had to talk to a teenager I would never have talked to. When we started chatting I realized more and more how much we have in common. It felt somehow like meeting myself 15 years younger. The same questions and struggles, the same hopes and fears. I learned a lot about myself and I hope I could teach him something as well. Last week we met again for a nice board game evening. - *Simon Kiener*

As a facilitator:

To be honest the whole idea about Käfele is not a big deal. Talking honestly and being vulnerable to strangers is something I got taught the last 10 years in art education. It's very normal to me. But when I see the smiling eyes of the participants during and after the Käfele I realize what an enormous need we have in our community to start an honest dialogue, to train to be ourself and to be open minded, not hiding ourself behind a mask. To me this is just as much as important as breathing or eating. And it is something we definitely need to learn as a community. - *Simon Kiener*

Sidsel:

I found myself sitting and talking with a young guy from Australia, who just happened to be in Bern that day. We talked about our countries, and for a long time it was just fascinating to fall deeply into the view and perspective of a teenage boy, which whom I typically would not end up talking with in this way. Afterwards it hit me, that I have 2 cousins, both teenage boys in just about the same age, and i have never ever had the time, space or the intention to have such a conversation with neither of them. This Käfele let me with the intention to cross more of the unconscious boundaries and distances that exists between humans whom are close to me. - *Sidsel Andersen*

Tamas:

There is something magical about the Käfele event in the Happy Bern Lab. People usually come in not knowing what to expect and leave with a satisfying feeling that they were able to do something that they usually don't do: talk to each other without an agenda or judgment. We live in a world of silos and bubbles created by

technology and we need to re-educate ourselves how to connect to each other.  
Käfele is a great concept to start with. - *Tamas Hovanyecz*